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Press Release

For immediate release

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Exercise guru Mr Motivator joins forces with The International Leg Club Committee to support Vein Week

Mr Motivator, the world's leading health and wellbeing coach, will be collaborating with the International Leg Club Committee to help support Vein Week.

The health event, organised by the vWIN Foundation, takes place 5th to 11th April, and aims to raise venous-lymphatic awareness to both healthcare professionals and the general public.

One of the key messages of Vein Week is the importance of exercise and movement in preventing lower limb conditions. To help promote this message Mr Motivator, real name Derrick Evans MBE, has created an exercise video for the event featuring a series of exercises, both seated and standing, for all ages and abilities. The fitness routine brings Mr Motivator's unique sense of fun, energy and motivation to Vein Week and emphasises the importance of keeping the calf muscle pump working through movement.

Evans has been involved in the health and fitness industry for over 40 years but became a household name in the UK after appearing on the breakfast programme GMTV as Mr. Motivator where he performed fitness routines live on-

air. He continues to promote health and fitness as a way of life and in 2020 he joined BBC television's HealthCheck UK Live to "keep Britain fit in lockdown" during the COVID-19 pandemic. In the Queen's 2020 Birthday Honours he received the Member of the Order of the British Empire (MBE) for services to health and fitness.

The programme for Vein Week and Mr Motivator's exercise video can be found here: <https://vwinfoundation.com/vw/> After Vein Week it will also be available to view on the Leg Club YouTube Channel.

Alongside the emphasis on exercise and movement, Vein Week will also feature, education sessions on wound stigma, venous leg ulcers, technology in venous surgery and insights into what takes place at Leg Clubs.

Ellie Lindsay OBE, Lifetime president, The Lindsay Leg Club Foundation, said: "I am over the moon that Mr Motivator is supporting Vein Week and kindly joined us in promoting this important, international initiative. We have no doubt that his involvement will encourage many more people to take part in the week, become more active and get their calf muscle pumps working!"

ENDS

Notes to editors:

1) Leg ulcers (and other chronic leg problems like lymphoedema) can affect people at any age, but are particularly common in people over 60. At present, over 80 per cent of all leg ulcers are treated in the individuals' own homes by district nurses or by practice nurses in GP surgeries. However, people often find it difficult to adhere to treatment plans, or to maintain the preventive measures needed to avert recurrence of the ulcer. Many leg ulcers consequently reoccur, or remain unhealed for many months or even years.

2) The Lindsay Leg Club Foundation exists to promote the national development of Leg Clubs. The Foundation also provides the necessary support and training for nurses to establish Leg Clubs and follow the Foundation's guidelines, as well as ongoing training in new developments in leg care.

3) The Leg Club is an innovative model of care that has been shown to improve the health and wellbeing of people with chronic leg and foot conditions. The Leg Club is an innovative model of care that has been shown to improve the health

and wellbeing of people with chronic leg and foot conditions. Recent findings from Leg Club data analysis has identified that potential savings could be made by healthcare providers in relation to their wound care budget. A Leg Club is a local partnership between practice and community nurses, patients and the community. Run by a committee of volunteers each Leg Club operates according to strict guidelines of care, monitored by the Lindsay Leg Club Foundation. The Leg Club title, the wording and logo are protected by Registered Trademark in the UK.

For further information about the Leg Club Foundation and Leg Clubs visit:

www.legclub.org

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